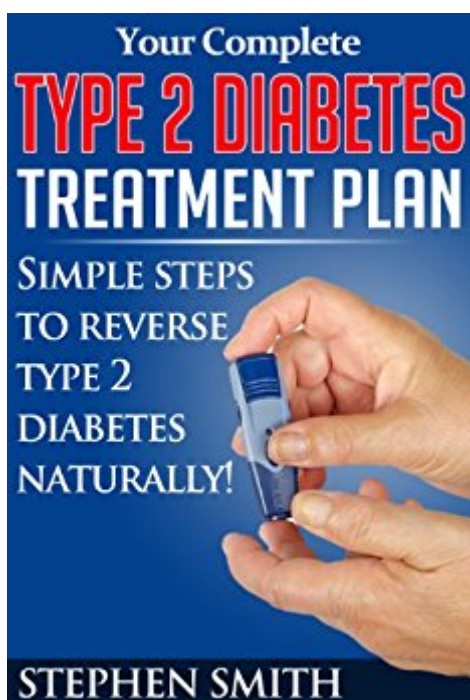


The book was found

# Your Complete Type 2 Diabetes Treatment Plan: Simple Steps To Reverse Type 2 Diabetes Naturally!



## Synopsis

Have You Recently Been Diagnosed With Type 2 Diabetes and Are Now Looking For Answers? If so, you're not alone! Millions of people every year are diagnosed with type 2 diabetes and are left with few options. Often their doctor will offer them medication and perhaps give them a few general recommendations like eat less and exercise more, but it leaves many people feeling isolated and somewhat scared, especially considering some of the health consequences of having type 2 diabetes long term. Some of these consequences include, an increased risk of heart disease, cancer, stroke, blindness, and the potential for limb amputation! In this book, Your Complete Type 2 Diabetes Treatment Plan, you will be provided with all the information you need to reverse type 2 diabetes naturally! Here's just some of what you will discover:

- What is type 2 diabetes?
- How insulin works
- How to test for type 2 diabetes
- The symptoms of type 2 diabetes
- The dangers of high blood glucose levels
- How carbohydrates affect your diabetes
- Good carbohydrates for diabetics to eat
- If the carbohydrates in fruit are okay for people with diabetes?
- Is carb counting useful for diabetics?
- What is the difference between the glycemic index (GI) and glycemic load (GL)?
- Why are high fiber foods so important for diabetics?
- The Importance of protein for type 2 diabetics
- Why dietary fat is a double-edged sword for diabetics
- What diabetics should and shouldn't drink
- The ideal diet for type 2 diabetics
- Why diabetics must avoid foods that cause inflammation
- Healthy snacks for diabetics
- Should people with diabetes have 5 or 6 small meals a day?
- A sample diabetic diet to follow
- How you can reverse type 2 diabetes with exercise
- The best supplements for type 2 diabetics

Plus, much more! It is definitely the only book you need to overcome type 2 diabetes and/ or insulin resistance fast! With references to verify the recommendations throughout the book you can feel confident that the strategies provided will work for you.

## Book Information

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